

EpiPen Care and Use

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Anaphylaxis is a serious and potentially life-threatening allergic reaction that requires immediate medical attention, making EpiPens an essential tool for individuals with known severe allergies.

An EpiPen contains epinephrine, a medication that can help decrease a body's allergic reaction by:

- Relaxing the muscles in the airway to make breathing easier.
- Helping to reverse the rapid and dangerous decrease in blood pressure.
- Relaxing the muscles in the stomach, intestines, and bladder.

Epinephrine Potential Side Effects

Like all medicines, EpiPen may cause side effects. Side effects may include paleness, dizziness, weakness, shaking, headache, throbbing, restlessness, anxiety, tenseness, and fear.

Using an EpiPen Auto Injector

Inject EpiPen at the first sign or symptom of a severe allergic response to a known or suspected allergen. Severe allergic reactions are not always predictable. Obvious warning signs are not always present before serious reactions occur, follow medical advice.

1. Grasp EpiPen with orange tip pointing downward (Orange to the Thigh, Blue to the Sky).
2. Remove blue safety cap by pulling straight up – do not bend or twist
3. Place the orange tip against the middle of the outer thigh
4. Swing and push the auto-injector firmly into the thigh until it “clicks”
5. Hold firmly in place for three seconds – count slowly, “1, 2, 3”
6. Call 911 (if not already done). The effects of epinephrine can



wear off, or a second reaction may occur. Using an EpiPen does not replace seeing a doctor or going to the hospital.

7. Give any used EpiPen Auto-Injectors to emergency responders or emergency room personnel to discard.

*** Instructions are on the barrel of the EpiPen Auto-Injector.

Disposal

EpiPen Auto-Injectors must be disposed properly to prevent injury to others.

- If used, give the EpiPen to emergency responders or emergency room personnel to discard.
- If expired, contact your local pharmacy to assist in disposing the EpiPen according to regulations.

Do you need more information? RPM can help!

If you would like to learn more about EpiPens and their use in the workplace, RPM has several courses that can help, including:

- **Emergency First Aid & CPR: Level C and AED**
This first-aid and cardiopulmonary resuscitation (CPR) course provides the skills needed to recognize and respond to cardiovascular emergencies and choking for Adults, Children and Infants.
- **Incident Reporting & Investigations**
A workplace must have a process to report workplace related injuries, illnesses and dangerous occurrences. Upon receipt of these reports, a process must also be in place to ensure investigations are completed to prevent re-occurrence.
- **Safety for Supervisors**
The objective of this course is to ensure supervisors are provided with information, tools and resources to effectively perform their safety and health roles and responsibilities.

Please note RPM courses are offered to RPM registered companies only. Your company must be registered with RPM and be in the process of working towards certification or must have achieved the SAFE Work Manitoba Trucking Certificate of Recognition. Not yet registered in the RPM program? Today is a great day to get started!

Please contact RPM by emailing info@rpmsafety.ca or calling 204-632-6600, or by visiting our website www.rpmsafety.ca



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